

*Offering educational and recreational activities to help individuals with mental, physical, emotional and/or developmental disabilities develop and refresh their minds and bodies in ways that enhance health, independence and well-being. For more details on therapeutic recreation programs, call Stacy Slusser at 751-4134.*

### TGIF

The Chesterfield County Parks and Recreation Department teams up with the Henrico County Division of Recreation and Parks to bring you TGIF. Every first Friday of the month, survivors of brain injury who are 18 and older meet for a social event. If you enjoy dining, dancing and having fun with good friends, you'll want to be part of TGIF. For details on therapeutic recreation programs, please call Stacy Slusser at 751-4134.

### Horseplay Therapeutic Riding Program Inc.

Participants aged 5 and older with disabilities are invited to join this therapeutic riding program taught by a North American Riding for the Handicapped certified instructor. All participants must weigh less than 150 pounds and be able to maintain sitting balance on the horse unassisted. Medical information must be submitted prior to participation. Session is limited to eight riders who meet program requirements.

Details: Janet Workman, 839-1506

### Special Olympics

Athletes with mental retardation or cognitive delay aged 8 and older are invited to register for participation in Special Olympics. Special Olympics Virginia Chesterfield County offers a variety of sports, including roller-skating, snow skiing, golf, ice-skating, track and field, aquatics and tennis, as well as unified team sports such as soccer, volleyball, basketball, softball and bowling. Unified Sports is an inclusive program that pairs individuals with disabilities with their peers without disabilities on the same teams to train and compete. Skill training is offered in golf, volleyball, basketball, soccer, swimming, tennis and roller-skating.

Details: Karin Koch, 744-9666

### UniqueKids Inc.

This co-sponsored group serves children with a diagnosis of higher-functioning autism, Asperger's syndrome, Pervasive Development Disorder-Not Otherwise Specified, Attention Deficit Hyperactivity Disorder or similar diagnoses, as well as their siblings. Children can participate in arena kickball, indoor soccer, seasonal camps and one-act plays while learning social skills. Camps for Summer 2006 include Survivor Camp, Bridge the Gap 1, Bridge the Gap 2 and Teen Living.

For details, or to register, call 739-9875 or see [uniquekids.net](http://uniquekids.net).

### Instructors, Volunteers and Inclusion Coaches Needed for Therapeutic Programs

Instructors, volunteers and inclusion coaches are needed to lead and instruct recreational activities and classes in dance, health and fitness, crafts, hobbies and sports for youth and adults with disabilities. Instructors are hired on a contractual basis. Experience or certification is required.

Details: Stacy Slusser, 751-4134

## Therapeutic Recreation Camps

### Summer Nights

In addition to Summer Adventures, Summer Nights is now available for individuals with mental retardation aged 22 and older. Spend four fun-filled evenings meeting new friends and enjoying summer recreational activities. Register at least two days prior to session start date. No transportation is provided. Parents are welcome to accompany the participant throughout the sessions. A prerequisite skill is a tolerance of group activities and outings. \$10 per session and activity fees as applicable

### Welcome Night

Come to Huguenot Park for adapted sports and games. This recreational evening provides participants and parents with an opportunity to meet the staff and new friends. Please register at least two days prior to session start date.

Huguenot Park, 10901 Robious Road

Wednesday, July 12, 6:30-8:30 p.m. \$10 Course 11723

### Alley Cats

Join us at Bowl America Southwest for a few frames with friends. In addition to the session fee, a discount fee for two games and shoes is due to Bowl America before play begins. Please register at least two days prior to session start date.

Bowl America Southwest, 11532 Hull Street Road

Wednesday, July 19, 6:30-8:30 p.m. \$10 Course 11954

### Water's Edge

Come join us for an evening of fishing at a wheelchair-accessible site. Bamboo poles and bait will be provided. No experience is required, and fish tales are welcome. Please register at least two days prior to session start date.

Wednesday, July 26, 6:30-8:30 p.m. \$10 Course 11955

### A Night at the Diamond

Let's go out to the ball game. Enjoy the sights and sounds of a Richmond Braves game at The Diamond. In addition to the session fee, admission to the game is required. If baseball scheduling changes, the alternative activity is a nature hunt at Rockwood Park. Please register two days prior to session start date.

The Diamond, 3001 N. Boulevard

Wednesday, Aug. 2, 6:30-8:30 p.m. \$10 Course 11957

Details: 751-4134

**THAT'S NOT ALL!** Did you know that other activities listed in this publication are available to participants with special needs? Take a look through this program guide to see what interests you, and please call us! Assistance and/or accommodations may be available to persons with disabilities. Details: Stacy Slusser, 751-4134